

Sauce Béarnaise



Author: Bob and Robin Young

Cooking Time: 35 minutes

Start to Finish Time: 1 hour

Preparation Time: 25 minutes

Categories: Sauces

Servings: 4

Notes: "The béarnaise is similar to the hollandaise sauce with a reduction of white wine, vinegar, pepper, shallots, tarragon and chervil a whipped butter sauce. From the ingredients butter, egg yolks and the reduction gives an emulsion. In contrast to the hollandaise sauce where the flavor is kept relatively neutral, the taste of the wine and the herbs is much spicier. In some classic recipes additionally nutmeg is added and a small amount of parsley." [<http://www.koch-welten.de/bearnaise.htm>]

Description: One of the classic sauces. Great with beef, fish or asparagus.

Ingredients

2 stick Butter
1/4 c Tarragon
Vinegar
1/4 c White Wine
1 t Peppercorns,
crushed
1 sm Shallot, chopped
3 lg Egg Yolks
2 T Tarragon Leaves,
fresh and chopped
Pinch cayenne
Sea Salt

Directions -

In a small saucepan, gently melt the butter, over low heat, and bring to a simmer. As the butter is gently simmering, skim off the froth that accumulates on the surface of the butter. Simmer the butter for about 15 minutes, cool and ladle off the clear butterfat, leaving any milk solids in the bottom of the pan.

In a small sauté pan combine the vinegar, white wine, peppercorns and shallots. Cook over medium heat until the liquid has almost all evaporated. Remove from the heat, add 1 large ice cube and let it melt. Strain the mixture through a fine mesh strainer into a medium-sized metal bowl. Add the 3 egg yolks and whisk vigorously to combine.

Put the metal bowl over a saucepan of barely simmering water. Whisk the eggs until fluffy, about 5 minutes. While whisking slowly drizzle in the clarified butter. Start with a couple drops at a time. If the eggs seem to be cooking too quickly, remove the saucepan from the heat. The idea of what is going on here, is that the eggs are being cooked ever so gently into a frothy, foamy deliciousness, not a scrambled curdled mess. Once all of the butter has been whisked in, add the fresh tarragon, and a pinch of cayenne. Season with sea salt, to taste.

The sauce should be very full flavored, foamy and delightfully yellow. Serve on a beef steak or any cut of beef.

